

Fix Your Sleep

Your Guide To Understanding
The Root Cause Of Sleep Issues



vibrant
blue oils



Sleep is critical to your health. Simply put, you cannot heal if you cannot sleep.

If you struggle to fall asleep or stay asleep for seven to eight hours per night, you could be compromising your ability to heal.

While you are sleeping, your body and brain is able to rest, regenerate, repair, detoxify, anti-inflate, balance blood sugar levels, burn calories, support immune activity, and reset your energy reserves.

Sleep is critical for basic maintenance and repair of the neurological, endocrine, immune, musculoskeletal, and digestive systems. Restful sleep can:

- Improve mental clarity and memory
- Enhance athletic performance
- Boosts mood and energy
- Improve immune function
- Increase our tolerance to stress

Without restful sleep, we feel fatigued, and our body compensates with cortisol spikes, sugar cravings, and other tricks to keep us awake and functioning. Unfortunately, it is not enough to consume a nutrient dense diet with appropriate supplements. If you are not sleeping well, it will be much harder to heal.



Poor Sleep Is An Epidemic

Many people, including small children, suffer from some sleep dysfunction. Many of us either have trouble falling asleep or staying asleep, resulting in fewer than six hours of sleep per night, which is often associated with low-grade chronic inflammation.

This inadequate rest can impair our ability to think, to handle stress, to maintain a healthy immune system, and to moderate our emotions. Poor sleep is also correlated with heart disease, hypertension, weight gain, diabetes, and a wide range of psychiatric disorders including depression and anxiety.

Poor Sleep Impacts Your Health

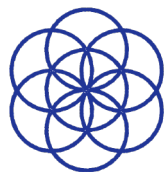
Research shows that poor sleep – less than 6 hours per night – significantly increases the risk of poor health conditions, including diabetes, obesity, cardiovascular disease, cancer, and autoimmune disease.

In her book *Go to Bed*, Paleo Mom Sarah Ballantyne finds that:

- Sleep disorders increase the risk of developing an autoimmune condition by 50 percent.
- Sleeping less than 6 hours per night increases risk of obesity by 55 percent in adults (90 percent in children!).
- Sleeping less than 6 hours per night increases the risk of type 2 diabetes by 50 percent.
- Routinely sleeping less than six hours per night doubles the risk of stroke, doubles the risk of myocardial infarction, increases the risk of congestive heart failure by 67 percent, and increases the risk of coronary heart disease by 48 percent.
- The amount of sleep you get upon and after breast cancer diagnosis is a predictor of survival, and getting less than six hours of sleep increases the risk of death by 46 percent.

This correlation with disease can be attributed to how sleep throws off other cycles in the body.

“ I Purchased The Oils
Because I Have Been Having
Difficulty Sleeping For
A Number Of Years. Like
Most People I Have Tried Just
About Everything Available.
**I Tried The Circadian
Rhythm™** On Thursday
Night And **Slept For 6 Hours
Straight.** It Was
A True Luxury.”





Sleep Cycles Impact Other Cycles

There is growing evidence that sleep cycles impact other cycles in the body, including the rhythmic patterns of the digestive and immune systems. When we sleep, the brain produces 90-minute cycles of slow wave sleep. Periods of rapid eye movement (REM) follow, during which time dreams occur. During the night, the gut also produces 90-minute slow wave muscle contractions, followed by short bursts of rapid movement. Poor sleep cycles can disrupt this digestive function and the healing process within the gut.

Low Melatonin Can Impact Gut Health

The sleep cycle, beginning with the release of the hormone melatonin from the pineal gland, appears to support the body's immune system by resetting the balance of healthy bacteria in the small intestine. Melatonin, in combination with the hormone prolactin, triggers an immune response that regenerates the microflora and epithelial lining in the small intestine to restore a healthy balance and negate the threat of viruses, bacteria, and other toxins in the body.

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Eight hours of sleep is optimal for this melatonin and prolactin production to occur. Anything less does not allow these hormones to effectively balance the gut flora, which is key to supporting the immune system. Melatonin is also thought to help regulate inflammation and support glutathione levels.

Balancing Sleep can help balance Adrenal Rhythms

As you may know, the stress hormone cortisol is produced by the adrenal glands. The sleep hormone melatonin is released by the pineal gland, a small pinecone-shaped endocrine gland located near the center of the brain.

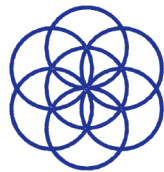
Our cortisol rhythms are supposed to be highest in the morning and then wane as the day wears on. When people are active at night and slow in the morning, the cortisol patterns are reversed. This throws off the circadian rhythm and can lead to sleep disruptions, which, in turn, can further impair adrenal function.

This triggers a vicious cycle. Without proper melatonin production from the pineal gland, adrenals will overwork at night. Melatonin needs to help drive down cortisol. When the adrenal hormone cortisol is too high at night, the pineal excretion of melatonin will be inhibited, causing cortisol levels to remain too high, which requires the adrenals to overwork. These high cortisol levels during sleep prevent you from dropping into the appropriate level of REM sleep that allows the body to regenerate, detoxify, and support immune activity. Lack of REM sleep reduces mental vitality and vigor and induces depression. Conversely, if the pineal secretion is excessive in the morning, it's going to depress the output of cortisol, and you won't feel like you've had any rest.

The cortisol rhythms are controlled by the hypothalamus-pituitary-adrenal axis (HPA axis) communication between the hypothalamus, pituitary and adrenal glands, which triggers the adrenals to release cortisol in response to stress. The HPA axis stops releasing cortisol when the negative feedback loop triggers the hypothalamus that there is enough cortisol in the system. Any HPA dysregulation can throw cortisol rhythms out of balance and with it, the circadian rhythms of the body.

If you treat sleep issues only on the adrenal level by taking adrenal support, you often will not see much improvement. It's important to consider not only how much cortisol the adrenals are producing, but also to look at the cortisol rhythms. Just taking an adrenal supplement to re-balance adrenals may be insufficient. You need to support the limbic system, including the hypothalamus and pineal gland, to reset these rhythms.

“ I Love This
Circadian Rhythm™.
Need More. I Am
Recommending It
To All My Other
Friends Who Have
Sleep Disruption!”



Impaired Adrenal Rhythm Impacts

- **Energy Production:** Abnormal adrenal function can alter the ability of cells to produce energy.
- **Muscle and Joint Function:** Abnormal adrenal rhythms compromise tissue repair and increase tissue breakdown, leading to muscle and joint pain.
- **Bone Health:** The adrenal rhythm determines how well we build bone. If the night and morning cortisol levels are elevated, our bones do not rebuild well.
- **Immune Health:** The immune system cycle follows the cortisol cycle. If the cycle is disrupted, especially at night, the immune response in the lungs, throat, urinary tract, and intestines is suppressed.
- **Sleep Quality:** The ability to enter REM sleep cycles and experience regenerative sleep is interrupted by high cortisol values at night and in the morning. Chronic lack of REM sleep can reduce a person's mental vitality and vigor and induce depression.
- **Skin Regeneration:** Skin regenerates during the night. With higher night cortisol values, less skin regeneration takes place.
- **Thyroid Function:** The level of cortisol at the cell level controls thyroid hormone production. Often, hypothyroid symptoms such as fatigue and low body temperature are due to an adrenal maladaptation.
- **Chronic Fatigue Syndrome:** A common HPA axis defect in CFS is impaired corticotrophin release.
- **Glycemic Dysregulation:** Chronic hypoglycemia can impair normal adrenal function by constant overstimulation of cortisol production. Recurring exposure to high cortisol will impair insulin activity and invariably lead to insulin resistance or diabetes.
- **Allergies/Autoimmune Disorders:** Patients with environmentally triggered allergies and autoimmune diseases dramatically benefited when given cortisol for other purposes. Apparently, the disruption of the adrenal axis and cytokine relationships leads to predisposition and aggravation of autoimmune diseases.
- **Depression/ADD:** Several recent publications report a hyperactive HPA axis in depressed patients. Elevated midnight salivary cortisol is now considered one of the best tests in diagnosing endogenous depression. Other anomalies in cortisol rhythm usually accompany the midnight elevation. On the other hand, cortisol elevations and rhythm disruptions throughout the day are typical of attention deficit disorders.



How To Solve Sleep Challenges

To solve sleep challenges, you need to look at the underlying issues. These can range from low levels of melatonin in the system, which can make it challenging to fall asleep, to blood sugar and hormonal challenges or an overload of the detoxification organs, such as the liver and gall bladder, which can contribute to nighttime waking.

In searching for an alternative to over-the-counter medications and prescription drugs, I found that sleep issues lend themselves especially well to essential oil support. I have attempted to isolate different sleep issues. At Vibrant Blue Oils, I have created an online sleep assessment to help you learn more about those specific sleep issues and the natural remedies to consider in place of drugs.

“My Daughter Just
Informed Me That When
She Went Away With My
Husband This Weekend For
A Night She Fell Asleep With
Lights Out! This Was The First
Night He Used **The Circadian
Rhythm™** Blend On Her And She
Hasn't Fallen Asleep In The Dark
In Years! **Tonight She Started
Yawning About 15 Minutes**
After I Put It On Her And
It Was Still Pretty
Early For Her.”





Difficulty Falling Asleep

If you struggle to fall asleep or experience racing thoughts or worries while lying in bed, it can indicate that the body's natural sleep and wake cycles, known as the circadian rhythms, might be a little out of balance.

Cortisol and melatonin have an antagonistic relationship. Elevated cortisol levels at night turn off melatonin production. Similarly, if melatonin is elevated, then cortisol is depressed, throwing off the circadian rhythm.

It might help to think of a teeter-totter. When the stress hormone (cortisol) is high, it forces the sleep hormone (melatonin) to be low. People often supplement with the melatonin hormone, which can help in the short term. The challenge here is that the body, specifically the pineal gland, is supposed to make melatonin, and external supplementation of the hormone sends the signal to the body that it is sufficient in melatonin production. It reduces the body's production of the hormone. In other words, it throws off the body's internal sensor for self-regulation.

Another option is to help the pineal gland return to its innate intelligence and release more melatonin naturally, which we are doing by applying Vibrant Blue Oils CIRCADIAN RHYTHM™ blend to specific locations on the head (top of the skull and on the skull right above the ears). This method emulates the innate intelligence of the body and has been extremely effective for those suffering from sleep issues and anxiety.

If you again think of the teeter-totter example, when melatonin increases, it forces cortisol levels down, effectively serving as a backdoor to lowering stress, anxiety, and the racing thoughts that keep many of us wide awake when our bodies are exhausted and longing for sleep. My 10-year-old daughter suffered from nighttime anxiety for over a year. I tried everything I could think of and often just spent the night holding her while she cried, trying to soothe her fears. The CIRCADIAN RHYTHM™ blend was a game changer for us. Not only did it help her fall asleep almost instantly, but within a week she reported that her nighttime anxiety was gone.



An imbalance in the circadian rhythm can present with indicators such as:

- Difficulty falling asleep
- Tendency to be a “night person”
- Tendency to be keyed up, trouble calming down
- Clenching or grinding teeth
- Difficulty waking up in the morning
- Inability to feel well rested after sleep
- Energy drop between 4:00 and 7:00 in the afternoon
- Increased sleepiness in the winter, especially as the light diminishes
- Inability to remember dreams
- Waking up wide awake



Essential Oils For Falling Asleep

The following essential oil blends may be helpful if you struggle to fall asleep:

Circadian Rhythm™ blend works well for people who struggle to fall asleep at night because of high stress or racing thoughts. Restful sleep is a critical component to healing. When the circadian rhythms flow smoothly, the body heals more easily. This blend naturally triggers the pineal gland to release melatonin.

The pineal gland is located behind hypothalamus in the brain. It helps to regulate our body's biological body clock rhythms, known as the circadian rhythms, by producing melatonin in response to changes in light. The pineal gland serves as part of our visual system, receiving signals from the hypothalamus via signals the hypothalamus receives signals from the eyes. Melatonin is, in effect, a “darkness” hormone, because it is made at night. The length of the night influences the duration of melatonin secretion.

To help reset the pineal gland and re-establish healthy circadian rhythms, apply on the very top of the head, the back of the head, and on the skin above the ears. It's ideal to use it in a low-light atmosphere to allow the pineal gland to be able to function.

This blend can also help decalcify the pineal gland and trigger vivid dreams, which is a sign of restful sleep.

Vibrant Blue Oils **Sleep™** blend and **Calm™** blend work well to calm the body and the mind before bed.



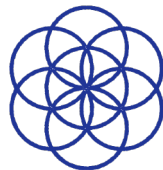
Staying Asleep

Nighttime waking, awakening shortly after falling asleep or waking up throughout the night, can often be attributed to:

1. Blood sugar issues
2. Liver and Gallbladder overload
3. Hormonal issues

“ I Have Loved Your
Products Since The
First Time I've Used Them.
I Don't Go To Sleep Without
Circadian Rhythm™. It Has
Really Helped Me **Finally Get
A Good Nights Sleep**. Thank
You For Making These Oils.
You Have Really
Changed My Life.”

- Shelly





Blood Sugar Sleep Issues

Waking up in the middle of the night and feeling so wide awake that you could go clean the kitchen can suggest blood sugar issues. If blood sugar plummets during the night, the adrenal glands release cortisol (a stress hormone) as an emergency blood-sugar-raising tactic. This cortisol surge is what wakes you up and makes you feel wide awake.

The connection between sleep and blood sugar issues goes beyond the obvious fact that when you are tired, you will crave sugar and carbohydrates for quick energy. Researchers at Boston University School of Medicine found that as the amount of sleep decreases, blood sugar increases, escalating the issue. The study found that people who slept less than six hours a night experienced blood sugar problems, compared to those who slept for eight hours or more.

This has to do in part with burning sugar versus fat for fuel. Humans are designed to burn fat during the sleep cycle because it burns long and slow, like a log on a campfire, in contrast to sugar and carbs which burn quickly, more like kindling on fire. Because of undetected blood sugar issues, many people never go into fat metabolism during the night. Instead, the body attempts to burn sugar and carbs until the supply runs out, causing blood sugar to plummet. This then triggers a cortisol response, which, of course, can wake you up and make it tough to fall back to sleep. Many find themselves stuck in this vicious cycle of sleep deprivation raising blood sugar, and unstable blood sugar, in turn, compromising quality sleep.



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Symptoms Of Blood Sugar Imbalance Related To Night Waking

If you have two or more of the symptoms below, you might consider essential oils to support your blood sugar.

- Awaken hours after going to bed
- Find it difficult to go back to sleep
- Crave coffee or sweets in the afternoon
- Feel sleepy or have energy dips in afternoon
- Feel fatigued after meals
- Need stimulants such as coffee after meals
- Feel like skipping breakfast
- Slow starter in the morning
- Chronic low back pain, worse with fatigue
- Chronic fatigue, or get drowsy often



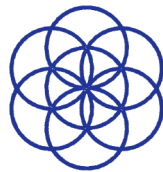
Essential Oils For Staying Asleep (Blood Sugar)

If you wake up in the middle of the night due to blood sugar issues, the following essential oils may be helpful:

Pancreas™: The pancreas is responsible for moving glucose out of the bloodstream and into the cells. If blood sugar falls too low while you are sleeping, the body releases an emergency surge of cortisol to raise blood sugar levels. This is what wakes you what . It is the job of the pancreas to kick into high gear to return blood sugar levels to normal. Supporting the pancreas in this effort with Vibrant Blue Oils **Pancreas™** blend helps return the body to balance more quickly so you can fall back asleep more easily. I often leave the Pancreas blend on my nightstand table. Just smelling the **Pancreas™** blend can help balance the pancreas enough to allow me to fall back asleep naturally.

“ I Am Loving My New
Circadian Rhythm™.
My Son (Age 11) Is Sleeping
Better Than Ever! It Is
Taking Him **5-15 Minutes**
To Fall Asleep Instead Of
One To Two Hours Using The
Circadian Rhythm Blend.
And, He Is Sleeping A Solid
Eleven Hours Each Night.
Thank You For Sharing
VBO With Us All!”

-Aleida Booker





Night Waking Due To Liver/Gallbladder Overload

According to Chinese medicine, each organ has a time of the day/night where it does its thing, and waking between 1 a.m. and 3 a.m. is "liver time." During the night, the liver is busy rebuilding the body and cleansing it of accumulated toxins. The liver is most active between 1 a.m. and 3 a.m., often peaking at 3 a.m. When you wake at this time, it often reflects an overload in body's ability to detoxify from toxins or emotions like anger, frustration, or resentment. Unlike blood sugar night waking, liver- and gallbladder-trigger awakenings are often accompanied by a feeling of grogginess, and many find it easier to fall back asleep.

Symptoms of Liver Imbalances Related to Night Waking

If you recognize yourself in two or more of the symptoms below, you might consider essential oils to support your liver or gallbladder for night waking.



Liver

The liver filters and detoxifies any harmful substances from the blood while we sleep. If too many toxins accumulate and the liver is fatigued or overburdened, it might present with symptoms like:

- Waking up between 1 and 3 a.m.
- Becoming sick or easily intoxicated when drinking wine
- Easily hung over when drinking wine
- Long-term use of prescription/recreational drugs
- Sensitivity to smells, like tobacco smoke
- Pain under the right side of rib cage
- Hemorrhoids or varicose veins
- Chronic fatigue or fibromyalgia

If you recognize yourself in several of these symptoms, Vibrant Blue Oils **Liver™** blend might be helpful to apply before bed and during the night when you wake up.



Liver Emotions

The liver also stores and releases emotional toxins, like feelings of anger, frustration, or resentment, which might present with symptoms like:

- Feeling irritable or impatient
- Inappropriate anger, including angry outbursts
- Over-reactivity, “flying off the handle,” or having a difficult time letting things go
- Feelings of not feeling heard, not feeling loved, not being recognized, inability to be honest with yourself and others
- Experience of resentment, frustration, or bitterness
- Can be judgmental, overly critical, fault-finding, or complaining
- Feeling the need to control situations; domineering or bossy

If you recognize yourself in several of these symptoms, Vibrant Blue Oils **Liver Support™** blend might be helpful to apply before bed and during the night when you wake up. **Liver Support™** helps the body detoxify from emotions like anger, frustration, or resentment that might pop up in the middle of the night and prevent restful sleep.

Symptoms of Liver Imbalances Related to Night Waking



Gallbladder

The gallbladder concentrates the bile to help break down fat and carry toxins out of the body. If the bile becomes too thick, it doesn't flow as well, and toxins don't move out of the system as efficiently, resulting in reabsorption of toxins like old hormones. If it is fatigued or overburdened, it might present with symptoms like:

- Waking up between 1 and 3 a.m.
- Pain between the shoulder blades
- Stomach feels upset by greasy foods
- Avoiding eating fatty food
- Stools are greasy, shiny, or float in the toilet
- Nausea or motion sickness
- Dry skin, itchy feet, or peeling skin on the feet
- Mild headache over eyes

If you recognize yourself in several of these symptoms, Vibrant Blue Oils **Gall Bladder™** blend might be helpful to apply before bed and during the night when you wake up.



Night Waking Due To Hormonal Issues

Hormonal ups and downs of menstruation, pregnancy, and midlife fluctuations can impact sleep. For example, the hormone progesterone promotes restful sleep, and a drop in estrogen can leave you more vulnerable to stress. Similar to blood sugar events, a rush of cortisol can cause hot flashes that alert your mind and wake you up.

Symptoms Of Hormonal Imbalances Related To Night Waking

If you recognize yourself in 2 or more of the symptoms below, you might consider essential oils to support your hormones for night waking.

- Cracked and dry heels
- Libido missing
- Rapid weight gain that won't budge
- Irregular periods, intense PMS, hot flashes or other menopausal symptoms
- Feeling moody, irritable, weepy or have unstable or unpredictable moods
- Hair loss at the crown of your head, or growth on the chin or other weird places
- Hair feels dry and "crispy"
- Skin looks crepe-y and hangs off cheeks or chin.
- Fat accumulating in new places – under arms, muffin-top, pectorals, or knees
- High cholesterol

You may benefit from Vibrant Blue Oils **Hormone Balance™** blend.



Essential Oils For Staying Asleep (Hormonal Imbalances)

For nighttime waking due to hormonal issues, consider supporting the endocrine system and hypothalamus, which sends and receives the clear messages from the body necessary to facilitate appropriate hormonal responses. Also, excess estrogen can make the bile from the gallbladder too thick and less able to efficiently detoxify excess hormones. Gallbladder and Estrogen Balance oils can help return the body to balance.

Hypothalamus™ – The hypothalamus is a pearl size region of the brain located just above the brainstem that serves as the control center for the entire endocrine system, including all your hormones and your adrenals. The hypothalamus determines how much cortisol is in the blood, so balancing the hypothalamus can help manage cortisol spikes. The **Hypothalamus™** blend supports the brain to send and receive the messages from the body necessary to facilitate appropriate hormonal responses.

Excess estrogen can make the bile from the gallbladder too thick and less able to efficiently detoxify excess hormones. **Gall Bladder™** helps mobilize the toxins out of the body. Similarly, **Estrogen Balance™** supports the optimal balance of estrogen with progesterone for optimal liver function and the gentle mobilization and detoxification of excess estrogen. Apply either or both over the gallbladder (on the right side of the body under the breast) to help support hormonal imbalances and more restful sleep.



Other Suggestions To Improve Sleep

- **Reduce Exposure to Artificial Light** - Artificial light from computers, phones, and other electronic devices disrupts the body's natural ability to determine light from dark, which disturbs the circadian rhythm and throws off your sleep. The blue light emitted from alarm clocks and other digital devices also suppresses melatonin production.
- **Turn off Wi-Fi in the house.**
- **Make the bedroom as dark as possible.** Use blackout shades to make your bedroom pitch black and cover or turn off all devices that glow or give off any light (including digital alarm clocks).
- **Don't be too full – or too hungry.** Some people sleep better after eating a light dinner. This is especially true for those with digestive issues. Others—like those with a tendency toward hypoglycemia—do better with a snack before bed (and possibly even during the night).
- **Go to bed earlier.** You've heard the saying "an hour before midnight is worth two hours after." It turns out there is some truth to that.

Next Steps with Essential Oils



Here's what you can do next:

Step One: Go to Vibrant Blue Oils to take advantage of \$10 off with the coupon code "Sleep10"

Falling asleep: **Circadian Rhythm™**, **Sleep™** or **Calm™** blends work well to calm the body and the mind before bed.

Staying Asleep: Nighttime waking, awakening shortly after falling asleep or waking up throughout the night, can be supported with:

- **Blood Sugar Wake Ups:** **Pancreas™** over the Pancreas (right side of the body under the ribs) and **Circadian Rhythm™** on the top of the head, above ears and back of the head.
- **Liver Wake Ups:** **Liver™**, **Liver Support™**, **Gall Bladder™** over the liver/gall bladder on the right side of the body under the breast.
- **Hormonal Issues:** **Hypothalamus™** on the third eye, **Gall Bladder™** or Hormone Balance (over the right side of the body under the ribs)

Step Two: Head over to the [Vibrant Blue Oils Facebook Discussion Group](#) and join us. There is nothing out there quite like this community. It gives you the insight and knowledge on essential oils and nutrition that you're going to love.